



Navy Region Gulf Coast Fleet and Family Support Center Newsletter



Volume 07, Issue 7

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Please call our Management Assistant
or Receptionist at NAS Whiting Field
Fleet and Family Support Center
850-623-7177



ATTENTION!!!



Ombudsman Basic Training
November 1-4, 2004
1730-2100

Bldg 625 at NAS Pensacola
For more information call 452-5990 x136

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Holiday Stress!

The holiday season is fast approaching, and although this time can be joyous it also can be a time of stress. Here are some suggestions to help make your holiday season less stressful:

1. Keep your expectations of the holidays reasonable. Make a list of priorities and stick to it. A lot of stress can build when you try to do too much. Pace yourself and take the time to enjoy each event.
2. Do not overspend your budget. Try to pick meaningful gifts that have personal significance and value to the recipient. Homemade gifts are a thoughtful alternative to a high-priced item that you cannot afford.
3. Do not expect the holidays to be "like they used to be". Life brings changes. Each holiday season is different. Look for the excitement that makes each holiday special.
4. If you are not feeling festive due to the loss of a loved one, do not pretend. Communicate those feelings to those around you and let them know how you would like to spend the holidays.
5. Try volunteering some of your time at a daycare, church programs or nursing home. A lot of personal fulfillment can come from helping others.

These are just a few ways that you can manage your time during the holiday season.



*Happy Holidays from the
Regional FFSC Staff!*



The Student Officer Spouses Association (SOSA) of Whiting Field invites you to MAKE NEW FRIENDS or visit with old ones every month at our fun SOSA Meetings!



SOSA is a group open to anyone associated with a student stationed at NAS Whiting Field. Our organization will help with the transition into a new community by offering a network of support, advice and new friends. But most of all, we meet to have fun!

Monthly events change all the time and we plan everything from barbecues, to hikes to favorite potluck evenings. Guest speakers will occasionally attend and provide information on such topics as finance, education, MWR, childcare and other areas pertaining to military life.

**We are NOT your traditional “cookie-cutter club!”
SOSA is FUN!**

SOSA parties are a great way to make new friends
and to share the student experience.

Join us next month. For more information on the next meeting, please email whitingfieldsosa@yahoo.com. Look for the monthly SOSA fliers posted at the Base Exchange, Commissary, Subway, Bowling Alley & all the Squadrons.
We look forward to meeting you!



NAS PENSACOLA CLASS DESCRIPTIONS
See Calendars for Class Dates



Financial Planning

Time is costing you MONEY! Why wait any longer to start your Savings & Investment Plan? Learn the basics of savings and how to start building your investment portfolio. For more information, call 452-5990.

Credit Management

Planning to make a major purchase or just curious about your credit? Your credit report and your financial history should not be a mystery. Learn how to better maintain your credit file, correct inaccuracies through the major credit bureaus, and prevent identity theft. For more information call 452-5990.

Car Buying

Let us help you take the headache out of purchasing your next new or used vehicle. Do your homework before you pull in the dealer's lot. This class will help you learn the right way to purchase your next automobile. For more information call 452-5990.

REDUX and the \$30,000 Bonus (No class at NAS Pensacola in December)

Service members, who joined after 31 July 1986 and reach their 15th year of service have options to considered. Be informed. For more information call 452-5990.

Sponsor Training (No class scheduled at NAS Pensacola for November or December)

The Command Coordinator assigns a sponsor to new arrivals and their families. Sponsorship is an important responsibility and your efforts can make a difference in the transition to a new command. This class provides information for the sponsorship role. For more information call 452-5990.

Smooth Move

If you are moving soon, you do not want to miss this informative workshop. Topics discussed include Household Goods, Personnel Support Division, Housing, Legal, and Fleet and Family Support Center. Come and learn about your PCS entitlements! For more information call 452-5990.

Cultural Adaptation: By Appointment --Daily

Avoid culture shock after you arrive at your new overseas duty station! Learn what is and is not acceptable in the country. Bring your spouse along to this one-on-one session. For more information call 452-5990.

Positive Parenting: 6 week class

Being an effective parent is one of the most rewarding tasks in life and one of the most challenging. Systematic Training for Effective Parenting (STEP) provides a practical approach to raising children. This class will guide you to a philosophy of child training that more than three million parents have found to be effective. For more information call 452-5990.

Terrific Toddlers:

Parenting a toddler is not for the weak and it is said that there is strength in numbers. Join us for a fun morning of activities, stories, and information on development, discipline, potty training, temper tantrums and many more topics. For more information call 452-5990.

Transition Assistance Program - 4-day class

A 4-day veterans benefit information and employability skills seminar for retiring and separating military members and their spouses. Reservations must be made through your Career Counselor. For more information call 452-5990.

Resume Writing

Learn how to market yourself effectively through a well-written resume. Our resume specialists can help you convert your military skills to civilian skills. For more information call 452-5990.

Starting Your Own Business

The Small Business Development Center, along with the University of West Florida, is offering a monthly series of workshops about starting your own business. A different topic will be explored each month. For more information call 452-5990.

Career Life Planning

This class teaches you the fundamentals of finding the hidden job market and marketing yourself for a better job. This class is a three part series including skills assessment, resume building, marketing tools, and assistance in achieving a competitive edge in today's job market. **Minimum of five people are required for the evening class.** For more information call 452-5990.

Spouse Employment Intake

This is a group intake that is designed to assist the military spouse in gaining a better understanding of the local job market. It includes information on federal job hunting and resume writing. **Minimum of five people are required to make the class.** For more information call 452-5990.

Anger Management (No class scheduled at NAS Pensacola for November or December)

How is anger affecting you or your relationships? This 3-hour workshop will illustrate the differences between anger, assertiveness, stress and aggression. You will also learn general skills and practical techniques for anger management. For more information call 452-5990.

Stress Management

Stress can damage your health, both physically and mentally. Learn how to recognize stress and become more productive, happier and healthier. For more information call 452-5990.

Divorce Workshop

The Naval Legal Service Office at NASP will conduct ongoing workshops for those involved in or anticipating a divorce. For more information call 452-5990.

Moms-To-Be

This is a chance for moms to get together during their pregnancy and participate in group discussions on pregnancy issues and fun activities like designing your baby's scrapbook. For more information call 452-5990.

**NAS WHITING FIELD CLASS DESCRIPTIONS****See Calendars for Class Dates****Stress Management for Flight Students**

Find the keys to getting the most out of your study efforts! Be able to retain what you learn and be able to demonstrate that knowledge when you need to. The Fleet and Family Support Center (FFSC) offers Stress Management for Flight Students. For more information, call our Chief of Counseling at 623-7177.

Tame Your Temper: Understanding Anger (by appointment only)

Is anger affecting your health, your relationships or your work performance? Learn to understand the causes and effects of unhealthy anger and how to express and release that anger in a healthy way! For more information, call NAS Whiting Field Fleet and Family Support Center at 623-7177.

REDUX and the \$30,000 Bonus

Service members, who joined after 31 July 1986 and reach their 15th year of service have options to considered. Be informed. For more information call our Financial Educator at 623-7177.

Consumer Awareness

According to the U.S. Office of Consumer Affairs, fraud costs consumers over 40 billion dollars every year. We are constantly approached by people trying to take our money. Is this legal? Some offers are truly fraudulent and are illegal, most however, are simply rip-offs and misrepresentations. Don't be a victim! Class will be held in the FFSC conference room. For more information call our Financial Educator at 623-7177.

Military Pay Issues

Why is it important that you know about the elements of military compensation? To know what you are currently entitled to? To know what you may be entitled to as your circumstances change? Class will be held at the FFSC conference room. For more information call our Financial Educator at 623-7177.

Ten Steps to a Federal Job

"Is it worth your while to invest your time and effort in searching and applying for a Federal Job?" If your answer is "yes" then you need to attend this class in order to learn how to prepare the best application possible. You will learn how to read an announcement, analyze core competencies for language, analyze vacancy listings for keywords, and how to apply for jobs. For reservations phone 623-7177.

Banking & Financial Services

The purpose of this program is to provide you with basic skills for choosing a bank and managing a checking account. It will provide information on types of checking accounts and financial institutions, local check laws, and the consequences of irresponsibility. Class will be held at the FFSC conference room. For more information call our Financial Educator at 623-7177.

Resume Writing

This class will assist you in efficiently creating an effective resume. Learn how to handle sticky resume situations like military-to-civilian transition, age, employment gaps, layoffs, and career change. Learn to use your resume as a marketing tool. Call our Spouse Employment Specialist or our Transition Specialist at 623-7177 for an appointment.

Thrift Savings Plan Brief

Start investing in your future now. The money you save and earn through your TSP account will provide an important source of retirement income. Class will be held at the FFSC conference room. For more information, call our Financial Educator at 623-7177.

“Budgeting for Baby” held every 3rd Wednesday of each month

A FREE class open to all service members and their spouses to help families plan for expenses associated with a new baby. We help you make a budget and look at community resources for extra savings. We will help you discover what to expect when you're expecting. Couples who attend will receive a free layette. Instructor is from Navy Marine Corps Relief Society. Class will be held at the FFSC conference room. For registration, call Navy Marine Corps Relief Society at 455-8574.

Developing Your Spending Plan

This class is not designed to tell you what to do with your money; this class will challenge you to think before you spend. There is no patent on the “right” way to handle your money, but there are better ways to get your dollar's worth. Class will be held at the FFSC conference room. For more information, call our Financial Educator at 623-7177.

Baby Steps (by appointment only)

Bring your baby and join us for fun, education, shared experiences, resource identification and support of parents with newborns – or about to be newborns – and infants up to 12 months. For more information, please call NAS Whiting Field Fleet and Family Support Center at 623-7177.

Interviewing Skills

This class will assist you in learning the secrets of a good job interview. You will learn how to communicate your strengths, and how to use the power of your personality. For more information call at 623-7177.

VA Representative visits

Veteran Service Representative Tim Sutton will take compensation claims at the FFSC. Participants must have a minimum of 60 days and no more than 180 days left on active duty at time of filing; must provide an official copy of your service medical record to the VA; and must be available to participate in a VA physical examination within 30 days after filing the claim. For more information, please call our VA Representative Specialist at 623-7177. To schedule an appointment call our FFSC Transition Specialist at 623-7177.

STRESS REDUCTION (by appointment only)

Stress is a part of everyone's life today. However, what wears us down is not the stress, but our reaction to that stress. Learn to identify your individual stressors. Find some easy and simple techniques to increase energy and reduce the stress that is wearing you down. Class will be held at the FFSC conference room. For more information, please call NAS Whiting Field Fleet and Family Support Center at 623-7177.

Prime Time For Tots

An educational playgroup for parents and their children ages 0-5 years old. Playtime with toys and play-mats are provided. Videos and handouts for parents are viewed and discussed. No cost or registration is required. Classes will be held at the Whiting Pines Community Center. For more information, please call NAS Whiting Field Fleet and Family Support Center at 623-7177.

Home Buying Class

A home is one of the most complicated and costly purchases you'll ever make. Getting the best deal at the time of purchase can reduce “life of the loan” by thousands of dollars. Let us show you how. Class will be held at the FFSC conference room. For more information, call our Financial Educator at 623-7177.



NAS PENSACOLA NOVEMBER CLASSES



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Financial Planning 11:00 a.m. – Noon Ombudsman Basic Training 5:30 p.m. – 9:00 p.m. Cultural Adaptation (DAILY by Appointment) 	2 Career Life Planning 5:30 p.m. – 9:00 p.m. Transition Assistance Program 8:00 am. – 4:00 p.m. Ombudsman Basic Training 5:30 p.m. – 9:00 p.m.	3 Transition Assistance Program 8:00 a.m. – 4:00 p.m. Career Life Planning 5:30 p.m. – 9:00 p.m. Smooth Move 9:00 a.m. – 11:00 a.m. Ombudsman Basic Training 5:30 p.m. – 9:00 p.m.	4 Transition Assistance Program 8:00 a.m. – 4:00 p.m. Career Life Planning 5:30 p.m. – 9:00 p.m. Moms-To-Be 2:00 p.m. – 3:30 p.m. Ombudsman Basic Training 5:30 p.m. – 9:00 p.m.	5 Divorce Workshop 10:00 a.m. – 11:00 a.m. Transition Assistance Program 8:00 a.m. – 4:00 p.m.	6
7	8 Credit Management 11:00 a.m. – Noon Stress Management 9:00 a.m. – 11:00 a.m.	9	10 Resume Writing 9:00 a.m. – 11:00 a.m. Starting Your Own Business 1:00 p.m. – 3:00 p.m.	11 VETERAN'S DAY	12	13
14	15 REDUX and \$30,000 Bonus 11:00 a.m. - Noon	16 Spouse Employment Intake 8:30 a.m. – 11:00 a.m. 5:30 p.m. – 8:30 p.m.	17	18 Moms-To-Be 2:00 p.m. – 3:30 p.m. Terrific Toddlers 10:00 a.m. - Noon	19 Divorce Workshop 10:00 a.m. – 11:00 a.m.	20
21	22 Car Buying Strategies 11:00 a.m. – Noon Stress Management 9:00 a.m. – 11:00 a.m.	23	24	25 HAPPY THANKSGIVING	26	27
28	29	30				



NAS PENSACOLA DECEMBER CLASSES



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Smooth Move 9:00 a.m. – 11:00 a.m.	2 Moms-To-Be 2:00 p.m. – 3:30 p.m. Spouse Employment Intake 5:30 p.m. – 8:30 p.m.	3 Divorce Workshop 10:00 a.m. – 11:00 a.m.	4
5	6 Financial Planning 11:00 a.m. – Noon Stress Management 9:00 a.m. – 11:00 a.m. Cultural Adaptation (DAILY by Appointment) →	7 Career Life Planning 5:30 p.m. – 9:00 p.m.	8 Career Life Planning 5:30 p.m. – 9:00 p.m.	9 Career Life Planning 5:30 p.m. – 9:00 p.m.	10	11
12	13 Credit Management 11:00 a.m. - Noon	14	15 Spouse Employment Intake 8:30 a.m. – 11:00 a.m.	16 Moms-To-Be 2:00 p.m. – 3:30 p.m. Terrific Toddlers 10:00 a.m. - Noon	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



NASWHITING FIELD NOVEMBER CLASSES



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 Prime Time for Tots 10:00 a.m. – Noon	2 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m.	3	4 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m. Consumer Awareness 1:00 p.m. – 3:00 p.m. Resume Writing 8:00 a.m. – 10:00 a.m. 1:00 p.m. – 3:00 p.m.	5 Prime Time for Tots 10:00 a.m. – Noon	6
7	8 Prime Time for Tots 10:00 a.m. – Noon	9 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m. Ten Steps to a Federal Job 8:00 a.m – 10:00 a.m. 1:00 p.m. – 3:00 p.m.	10	11 VETERAN'S DAY	12 Prime Time for Tots 10:00 a.m. – Noon VA Representative Visit 8:00 a.m. - Noon	13
14	15 Prime Time for Tots 10:00 a.m. – Noon	16 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m. Interview Skills 8:00 a.m. 10:00 a.m.	17 Budgeting for Baby 11:15 – 1:15	18 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m. Home Buying 1:00 p.m. – 3:00 p.m.	19 Prime Time for Tots 10:00 a.m. – Noon	20
21	22 Prime Time for Tots 10:00 a.m. – Noon	23 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m.	24	25 HAPPY THANKSGIVING	26	27
28	29 Prime Time for Tots 10:00 a.m. – Noon	30 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m.				



NAS WHITING FIELD DECEMBER CLASSES



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2 REDUX and \$30,000 Bonus 1:00 p.m. – 3:00 p.m.	3 Prime Time for Tots 10:00 a.m. – Noon	4
5	6 Prime Time for Tots 10:00 a.m. – Noon	7 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m.	8	9 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m. Developing Your Spending Plan 1:00 p.m. – 3:00 p.m.	10 Prime Time for Tots 10:00 a.m. – Noon VA Representative Visit 8:00 a.m. - Noon	11
12	13 Prime Time for Tots 10:00 a.m. – Noon Ten Steps to a Federal Job 8:00 a.m. - 10:00 a.m. 1:00 p.m. – 3:00 p.m.	14 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m.	15 Budgeting for Baby 11:15 – 1:15	16 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m. Ten Steps to a Federal Job 8:00 a.m – 10:00 a.m. Thrift Savings Plan 1:00 p.m. – 3:00 p.m.	17 Prime Time for Tots 10:00 a.m. – Noon	18
19	20 Prime Time for Tots 10:00 a.m. – Noon	21 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m.	22	23 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m. Military Pay Issues 1:00 p.m. – 3:00 p.m.	24	25
26	27 Prime Time for Tots 10:00 a.m. – Noon	28 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m.	29	30 Stress Management for Flight Students 8:00 a.m. – 9:00 a.m. Banking & Financial Services 1:00 p.m. – 3:00 p.m.	31	